

The Teen Times Newsletter

March 1, 2021

Volume 2, Issue 3

Special points of interest:

- **DIY Hydraulic Arm made of cardboard**
- **New Teen Books**
- **Scholarship Information**
- **Coding**

The person you are dating should be seen as a treasure not a magnet to be attracted to.

Teen Dating

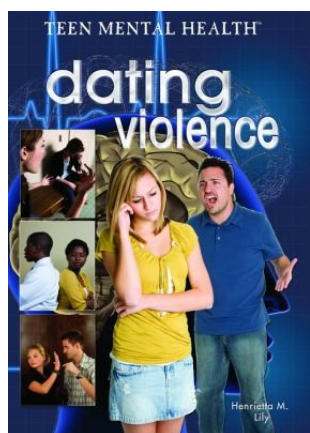
For many teens, behaviors such as name calling and teasing are a “normal” part of relationships. However, these behaviors can easily develop into more serious forms of violence and abuse. Unhealthy relationships can start early and last a lifetime.

Teen dating violence is defined as the physical, sexual, psychological or emotional aggression within a dating relationship, including stalking. It can occur in person or electronically such as repeated texting or posting sexual pictures of a partner online without consent. Teen dating violence can include the following behaviors:

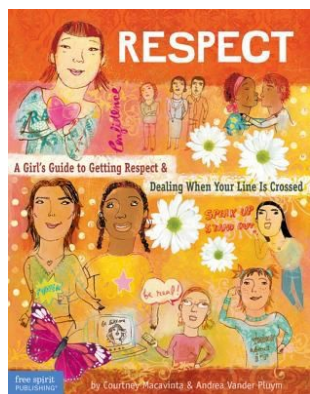
- **Physical violence:** when a person hurts or tries to hurt a partner by hitting, kicking, or using another type of physical force.
- **Sexual violence:** forcing or attempting to force a partner to take part in a sex act, sexual touching, or a non-physical sexual event (e.g., sexting) when the partner does not or cannot consent.
- **Stalking:** a pattern of repeated, unwanted attention and contact by a partner that causes fear or concern for one’s own safety or the safety of someone close to the victim.
- **Psychological aggression:** the use of verbal and non-verbal communication with the intent to harm another person mentally or emotionally and/or exert control over another person.



According to the Centers for Disease Control and Prevention, teen dating violence is common and affects millions of teens in the U.S. each year. Data from CDC’s Youth Risk Behavior Survey and the National Intimate Partner and Sexual Violence Survey share that nearly 1 in 9 female teens and approximately 1 in 13 male teens report having experienced physical dating violence in the last year. Over 1 in 7 female teens and nearly 1 in 19 male teens report having experienced sexual



“A healthy relationship is one where two independent people just make a deal that they will help make the other person the best version of themselves.”



Dating (from page 1)

dating violence in the last year.

The statistics reveal:

- Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year.

- One in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence.

- One in 10 high school students has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend.

- Girls and young women between the ages of 16 and 24 experience the highest rate of intimate partner violence — almost triple the national average.

- Among female victims of intimate partner violence, 94% of those ages 16-19 and 70% of those ages 20-24 were victimized by a current or former boyfriend or girlfriend.

- Violent behavior typically begins between the ages of 12 and 18. Dating violence crosses all sexual, racial, economic and social lines.

What are the warning signs? Being able to tell the difference between healthy, unhealthy and abusive relationships can be more difficult than you would think. No two relationships are the same, so what's unhealthy in one relationship may be abusive in another. Although there are many signs to pay attention to in a relationship, look for these common warning signs of dating abuse:

- Checking cell phones, emails or social networks without permission

- Extreme jealousy or insecurity

- Constant belittling or put-downs

- Explosive temper

- Creating isolation from family and friends

- Making false accusations

- Erratic mood swings

- Physically inflicting pain or hurt in any way

- Possessiveness

- Telling someone what to do

- Repeatedly pressuring someone to have sex

What are some red flags for friends and families to watch for? While the following non-specific warning signs could indicate other concerning things such as depression or drug use, these should also raise a red flag about the possibility of an unhealthy relationship:

- No longer hanging out with his/her circle of friends

- Wearing the same clothing

- Distracted when spoken to

- Constantly checking cell phone, gets extremely upset when asked to turn phone off

- Withdrawn, quieter than usual

- Angry, irritable when asked how they are doing

- Makes excuses for their boyfriend/girlfriend

- Showering immediately after getting home

- Unexplained scratches or bruises

If you or someone you know is involved in a relationship with violence, please contact the crisis line at 1-800-544-2022 or call local emergency services. More information is available at the website, greenhouse17.org.

This project will take a little time to make it happen but it is most definitely worth the time.

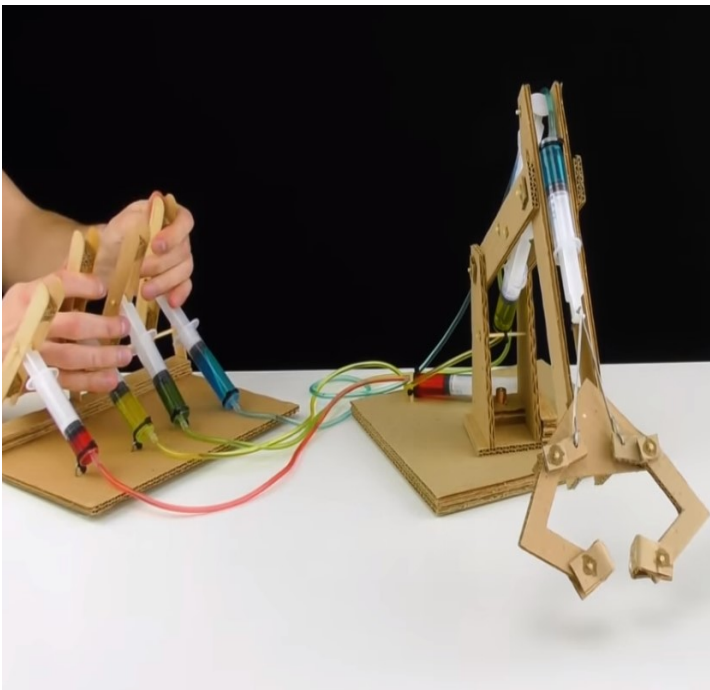
Today our craft is making a hydraulic arm made of cardboard and a few other items that you can get for very little money. This craft is under \$10!!

If you feel like getting techy give this project a try and take a picture of it when you are done and send it to me at dbutler@saalemva.gov



What do I need? In fact it's not that much, and most of the bits and pieces you may have at home. All you need is cardboard, eight syringes with rubber piston, an old battery, four pipes and pop-sicle sticks, and don't forget two paper clips or something similar. To cut out the

pieces you need a scissors and some (hot and cold) glue to fix it again. Finally, you'll need water as hydraulic fluid. To spice things up a little you can add different food coloring for each piston. The guy in the video also used a power drill, toothpicks and zip ties.



New Teen Books



"When a deadly Fly Flu sweeps the globe, it leaves a shell of the world that once was. Among the survivors are eighteen-year-old Nico and her dog, on a voyage devised by Nico's father to find a mythical portal; a young artist named Kit, raised in an old abandoned cinema; and the enigmatic Deliverer, who lives Life after Life in an attempt to put the world back together. As swarms of infected Flies roam the earth, these few survivors navigate the woods of post-apocalyptic New England, meeting others along the way, each on their own quest to find life and love in a world gone dark."



"Nima doesn't feel understood. By her mother, who grew up far away in a different land. By her suburban town, which makes her feel too much like an outsider to fit in and not enough like an outsider to feel like that she belongs somewhere else. At least she has her childhood friend Haitham, with whom she can let her guard down and be herself. Until she doesn't. As the ground is pulled out from under her, Nima must grapple with the phantom of a life not chosen, the name her parents didn't give her at birth: Yasmeen. But that other name, that other girl, might just be more real than Nima knows. And more hungry. And the life Nima has, the one she keeps wishing were someone else's...she might have to fight for it with a fierceness she never knew she had."

Click on the book jacket icons above to request these new YA selections.



Salem Public Library

28 E Main Street
Salem VA 24153

Phone: 540-375-3089

Fax: 540-389-7054

Email:

library@salemva.gov

[Roanoke Valley Libraries
Online Library Catalog
\[www.rvl.info\]\(http://www.rvl.info\)](#)

[Roanoke Valley Libraries
e-Books & e-Audiobooks
\[rvl.overdrive.com\]\(http://rvl.overdrive.com\)](#)

WE'RE ON THE WEB!

[HTTPS://
WWW.SALEMVA.GOV/
DEPARTMENTS/SALEM
-PUBLIC-LIBRARY](https://www.salemva.gov/departments/salem-public-library)

ABOUT THIS NEWSLETTER: This free, monthly (during the pandemic) newsletter is intended for Tweens and Teens.

SUBSCRIPTION INFORMATION: If you would like to subscribe to our newsletter, please let us know by either:

- Calling the library between 10:00 a.m. and 4:00 p.m. each day OR
- Email us at library@salemva.gov OR
- Fill out the information below and mail it to us.

Print copies will be available in our lobby between 10:00 a.m. and 4:00 p.m. each day and we will post a link on our website to view this newsletter online.

Specify below how you would like to receive your subscription to this newsletter along with your contact information.

☐ Postal Service Mailing address: _____

☐ Email Email address: _____

LIBRARY SERVICES/EVENTS BEING OFFERED AT THIS TIME:

CONTACT FREE PICK-UP is available in our front lobby every day from 10:00 a.m. to 4:00 p.m. for picking up requested items. Please call before heading to the library so that we can check out your items before you get here. *Thank you!*

LEAVE IT TO A LIBRARIAN For Adult Fiction: *The library is closed and you don't want to spend hours browsing the online catalog?* Call us, email us, or click the link on our website home page to give a hint or two (genre, authors you like). Tell us how many books you want. We'll fill a bag and leave it in the front foyer for you.



2020 READING CHALLENGE: Earn prizes for reading! Open to all ages. Call us, email us, or click the link on our website home page for more information.


SOCIALIZE WITH US! ON FACEBOOK, GOODREADS, OR INSTAGRAM—Click on the icons near the bottom of our website home page.

Check out our newest database (click on picture for access)



Scan this QR code
to see our calendar
of events

 PRESENT ONLINE VIDEO CLASSES



Welcome to Creativebug!

Creativebug.com has thousands of award-winning art & craft video classes taught by recognized design experts and artists.

Please log in

Enter your library card number to log in to creativebug.com.

LOG IN

Salem Public Library can access and retain your learning activity. Our Privacy Policy applies. See our Terms and Conditions.

Salem Public Library administrators can visit [here](#) to access dashboard.

Find projects for every occasion at Creativebug.com